

## Beth ydy Cyfle Cymru?



Mae **Cyfle Cymru** yn wasanaeth sy'n helpu pobl sydd â phroblemau cam-drin sylweddau a/neu gyflwr iechyd meddwl i ddod o hyd i waith, addysg neu hyfforddiant.

## What is Cyfle Cymru?



**Cyfle Cymru** is a service which helps people with substance misuse issues and/or mental health conditions into work, education or training.

## Sut allwn ni helpu?

Mae **Cyfle Cymru** yn rhoi'r gefnogaeth sydd arnoch chi ei hangen i ddod o hyd i'r swydd, cyfleoedd hyfforddi neu'r cymwysterau cywir.

Rydym ni'n cynnig:

- **cyngor un-i-un gan fentor cyfoedion** sy'n gallu rhannu ei brofiad personol o gam-drin sylweddau, gwella a/neu gyflwr iechyd meddwl
- **cefnogaeth gan arbenigwr i ddod o hyd i waith**, gan gynnwys cyfleoedd gwirfoddoli, a chymorth a chngor ynglyn â sut i chwilio ac ymgeisio am swyddi

## How can we help?

**Cyfle Cymru** provides the support you need to find the right job, training opportunity or qualifications.

We offer:

- **one-to-one guidance from a peer mentor** who can draw on their own experience of substance misuse, recovery and/or mental health conditions
- **specialist employment support**, including volunteering opportunities, and help and advice on how to search and apply for jobs

Eisiau gwybod mwy? Dewch i weld ni!

Manylion am ein sesiynau galw heibio

BANGOR	30 Dean Street, Bangor LL57 1UR
BLAENAU FFESTINIOG	Tan-y-Maen, Church Street LL41 3HB
CAERNARFON	Mantell Gwynedd, 23-25 Y Bont Bridd LL55 1AB
LLANDUDNO	Troop Café, Mostyn Broadway LL30 1YL
LLANGFN	Canolfan Ebeneser, Llangefni LL77 7PN
RHYL	The Salvation Army, Windsor Street LL18 1BW

We are also available at;

MIND, Trefeirian, Love Lane, Denbigh LL16 3LY  
Affinity, Capel Seion, Denbigh LL16 3PE  
Men's Shed, Trefeirian, Love Lane, Denbigh LL16 3LY  
Cake, Coffee & Conversation, Parkfields Community Centre, Mold CH7 1TB

Want to know more? Come and see us!

Details of our Drop-In Sessions

Friday, 1pm-3pm  
Thursday, 12pm-4pm  
Wednesday, 2pm-4pm  
Thursday, 2pm-4pm  
Friday, 1.30pm-3.30pm  
Wednesday, 12pm-3pm

Tuesday, 10am-11.30am  
Every other Tuesday, 1pm-3pm  
Thursday, 10am-11.30am  
Thursday, 12pm-2pm



**dacw**  
Developing a caring Wales  
Datblygu Cymru gofalgar



Gwasanaeth  
Di-Waith

Out of  
Work Service